



Diabetes (USA Today Health Reports: Diseases & Disorders)

Marlene Targ Brill

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Diabetes is a chronic disease caused by a problem with how the body makes or uses the hormone insulin, which regulates the amount of sugar circulating in the blood. An emerging epidemic, diabetes affects 230 million people worldwide?including more children and teens than ever before. Yet it's possible to prevent the most common type of diabetes and reduce the risk of serious complications by maintaining a normal weight, eating a healthy diet, and exercising regularly. Learn what causes diabetes, how it's treated, and more in this insightful overview.



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